

## News Release

# Heidi Whiting Hired as Program Coordinator for RSVP of the Red River Valley

*By Itollefs on Monday, March 24, 2014* Heidi Whiting has been hired as program coordinator for the Retired Senior and Volunteer Program (RSVP) of the Red River Valley, and began her placement on Feb. 19. Heidi has a Bachelor of Arts Degree in Pastoral Ministry from the College of St. Benedict in St. Joseph, Minn. Whiting previously served as national sales director for Southern Living at Home/Willow House and currently is librarian at Cathedral Elementary School in Crookston. The Retired Senior and Volunteer Program (RSVP) of the Red River Valley has been sponsored by the University for more than 35 years. Covering a seven-county region, RSVP partners with local service providers, to support civic engagement through service and volunteering, in turn, strengthening lives and communities. More than 650 volunteers, aged 55 and older, give of their time and energy to Northwest Minnesota residents. RSVP promotes several signature programs which make critical impact in our area: Handyman and Groceries to Go provides volunteers to help seniors independently at home; Bone Builders is an exercise program which combats osteoporosis and helps improve balance/prevent falls. The thirty-second Bone Builder class in the NW MN region is currently being established at Skylight Apartments in TRF! Reading Buddies promotes intergenerational connections, as volunteers spend time in Kindergarten through second-grade classrooms, listening to children read aloud, building their literacy skills. Conceived during John F. Kennedy's presidency, Senior Corps currently links more than 360,000 Americans to service opportunities. Their contributions of skills, knowledge, and experience make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout the United States. If you are interested in volunteering or learning more about RSVP please contact the RSVP office at 218-281-8288. Today the University of Minnesota, Crookston delivers 29 bachelor's degree programs, 20 minors, and 36 concentrations on campus--as well as 13 degrees online--in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit [www.uncrookston.edu](http://www.uncrookston.edu).



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